



Spouses Night Out!

Schedule of Events for May 2004

Call 655-2736



Updated 5/4/04

May 6, 2004

New! Basic Rubber Stamping
New! Learn How To Use A Web Camera
MAC Flight Information Class
Married Men Making a Difference
Quilting

May 13, 2004

New! Professional Cake Decorating (Limit 10 students)
Decorating Your Quarters for Pennies: Table Decorations
Married Men Making a Difference
Learn How To Use A Web Camera
Quilting

May 20, 2004

New! Advanced Rubber Stamping
New! Care for Care Givers (FRG Leader Support Group)
MAC Flight Information Class
Married Men Making a Difference
Learn How To Use A Web Camera
Quilting

May 27, 2004

Game Night! Back by Popular Demand.
(Now held every last Thursday night of each month)
Professional Cake Decorating (Limit 10 students)
Decorating Your Quarters for Pennies: No Sew Curtains
Married Men Making a Difference
Learn How To Use A Web Camera
Quilting

Free childcare is available for Blue Star Card holders by calling 655-3929 no later than 12:00 noon on the Tuesday prior to each Thursday night event.
Reservations can be made up to two weeks in advance!



Spouses Night Out!

Schedule of Events June 2004

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Updated 5/4/04

June 3, 2004

New! Stress & Anxiety: 10 Steps to Relief

New! Identity Theft Prevention (HPD)

Design Your Own Family Web Page

MAC Flight Information Class

Married Men Making a Difference

Quilting

June 10, 2004

Women & Investing

Identity Theft Prevention (HPD)

Design Your Own Family Web Page

Married Men Making a Difference

Quilting

June 17, 2004

SNO is cancelled due to the celebration of the Army Birthday Yellow Ribbon Ball.

Contact your FRG Leader for reservation information.

June 24, 2004

New! Dentistry in the New Millennium

Game Night! Meet, Greet & Compete with other Spouses

Married Men Making a Difference

Design Your Own Family Web Page

Quilting

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Class Descriptions/Supply Lists

Care for Care Givers- Dr. Faran provides deployment stress reduction tips in a round table discussion format. Topics include; parenting, self care, how to manage frustration, anger and loneliness. Discussions will focus on your personal needs. Support group meets every third Thursday of each month.

Rubber Stamping – Make a special card that you can send to your deployed Soldier.

Decorating Your Quarters for Pennies: New! Sewing for Beginners (Starts in July).

If you have never sewn a stitch in your life this is the class for you! **Supply List:** If you have a sewing machine bring it (optional), material, needles and thread to practice with. **Table Decorations-** Learn how to create simple and inexpensive table top décor. In this every other Thursday series, Amy will feature a different decorating subject utilizing low cost items from dollar stores and thrift stores. **Supply list:** 1) 1-2 yard piece of fabric 2) A bowl or basket 3) Flowers/greenery to match fabric 4) A solid colored roll of wide/wired ribbon 5) Scissors 6) Tape-scotch or masking 7) Twist ties (from box of trash bags) Feel free to bring in any other things that you would love to have displayed but weren't sure how to place it, i.e. candle stick holders, candles, plates, bowls, napkins, salt and pepper shakers, dolls, toys, picture frames, books, doilies, figurines, etc. Remember to coordinate colors. **No Sew Curtains-** Learn to create simple yet inexpensive window coverings without sewing a stitch, Supply list: Bring a glue gun if you have one. **From Broken to Beautiful-** Bring things you love but are slightly damaged and create something new!

Learn How to Use a Web Camera: Keep distant family and friends informed on what's going on in your life with face to face, live conversations. Conducted for free in ACS's computer lab.

Cake Decorating- Taught by professional Sherri Pruner. Cake and icing donated from the Schofield Commissary. **Supply list:** Bring a plate at least 9 inches in diameter. Students get to take home their cake projects!

Quilting- Every Thursday night. Free pattern and instruction on how to make a 23" by 23" Paper Hearts Quilt. Must supply own materials to participate. This is a great simple project for beginners. **Supply list:** Small cutting mat, Acrylic ruler, Rotary cutter, Scissors for paper, Pencil, Thread to match fabric used, Pins, Seam ripper (smaller, sharper size is best) 27" square Batting. Fabric requirements: 9 coordinating fabrics for hearts (scraps at least 4" square), ½ yard background fabric, fat quarter for 1st border, ¾ yard for outer border and backing, fat quarter for bias binding. Sewing Machine and an extra needle.

Photo Album Making- Learn how to customize and decorate your own photo album cover. **Supply list:** 1 photo album page (w/ 3" binder), 3 yards fabric, 10 all temp glue sticks, 3 ½ yards ruffle lace, 1 poster board, 1 bag rolled stuffing, scissors, ruler, pencil, pen, glue gun.

Stress & Anxiety: 10 Steps to Relief- Taught by Maria Endler, Director of Gnosis Counseling Services.